Recipe Card

Asparagus, Watercress & Spring Onion Salad

How difficult is it?

Free From Fourteen Vegan™
liked by AllergyUK
Asparagus, Watercress & Spring Onion Salad

Simple and understated can be the best way to prepare certain foods especially those in season!

**Ingredients**

- 80g watercress
- 250g asparagus, snap off ends at natural breaking point
- 5 spring onions, finely chopped
- 150g cherry tomatoes
- 1 tbsp olive oil
- Couple turns of salt
- Several turns of black pepper

**Instructions**

1. Preheat oven to 180°C.
2. Place all the ingredients except the watercress into an ovenproof dish and place into the oven.
3. Cook for 10 minutes, remove from the oven, stir the ingredients and place it back in.
4. Cook for 10 minutes, remove from the oven, mix the ingredients and return it to the oven.
5. Cook for a further 10 minutes and remove from the oven.
6. Place the watercress on a plate/bowl, pour the cooked ingredients onto the watercress bed. Eat soon to prevent the watercress wilting too much!